

### ABSTRACT OF THE DISCLOSURE

The invention relates to a low-energy-diet (LED) having effect on the basal metabolic rate, the protein metabolism and/or the energy expenditure, such as a low-energy-diet comprising Carbohydrate: 70-120 g, Protein: 50-80 g, Fat: 5-20 g, including medium chain triglycerides, and Iron: 20-30 mg/d, wherein the carbohydrate source and/or the fat source may increase the energy expenditure.